

## Petals recipes

In the fourth episode of Grow Your Own Drugs, find out how to make a restful bath milk with chamomile flowers; soothe a sore throat with honeysuckle and jasmine jelly; help clear waxy ears with ear drops made from dried mullein petals; and combine roses and sugar to make a hair remover.

### Chamomile Bath Milk

NOTE: For the coconut cream, buy either tins or blocks of creamed coconut and follow the instructions to make it up into liquid form.

30g dried chamomile flowers (or 60g fresh) ml sunflower oil drops of lavender essential oil ml coconut cream

1. Mix the chamomile flowers and sunflower oil together in a glass heat-proof bowl. Cover and place the bowl above a pan of simmering water. Simmer gently away for 1 hour, being careful the pan does not boil dry (make sure there is no gap between the pan and bowl), then leave to cool.
2. Once cool, strain the oil and discard the spent flowers. Stir in the lavender essential oil. The resultant chamomile and lavender-scented oil also makes a brilliant soothing skin and massage oil that will keep for up to 1 year.
3. To transform the floral oil into a dispersing bath milk: whisk the oil 1 tablespoon at a time into the coconut cream, making sure the mixture is thoroughly combined between additions of oil. You should end up with a rich milk, about the consistency of double cream. All you've got to do then is bottle it up.

USE: Pour 100-200ml of the milk into the bath. Can be used for adults, also children aged 2-16.

STORAGE: Keep refrigerated, and use within 1 month.

### Honeysuckle & Jasmine Jelly for Sore Throats

40g fresh honeysuckle (*Lonicera japonica*) flowers or 20g if using dried g fresh jasmine (*Jasminum grandiflorum*) flowers or 5g if using dried ml water tsp green tea leaves sachet powdered gelatine tbsps orange blossom honey, or to taste Juice of ½ lime

1. Wash the honeysuckle and jasmine flowers. Heat the water until hot (about the temperature of a hot bath), but do not allow it to boil. Pour into a jug with the tea leaves and flowers. Cover and leave to stand. Once cooled, place in the refrigerator for 24 hours.
2. Next day, strain the liquid into a pan, discarding the tea leaves and flowers. Heat the liquid gently until just below boiling point. Take off the heat, whisk in the gelatine, honey and lime juice. Pour into small tumblers or bowls, then cool and refrigerate until set like a loose jelly. This makes enough for 3 doses across 1 day.
3. Serve in tumblers or small bowls with jasmine and honeysuckle flowers for decoration.

USE: Eat the jelly 2-3 times a day, or as required.

**STORAGE:** Refrigerate and use within 2 days.

### Mullein Ear Drops for Waxy Ears

2-3 tbsp fresh or dried mullein flowers -3 tbsp fresh or dried lavender flowers, or a few drops of essential oil of lavender ml extra virgin olive oil

1. Wash the mullein flowers. Put into a jar with the lavender flowers (if using) and cover with olive oil. Leave to steep for several days in sunlight. Alternatively, if you need to infuse the oil more quickly, place the flowers and olive oil in a small pan and warm on the stove on a very gentle heat for several hours.
2. Strain the infused oil through muslin, add a few drops of lavender essential oil (if using), and filter into sterilized dropper bottles.

**USE:** For adults and children over 2 years of age, place 2-3 drops into the affected ear, morning and night, for at least 5 days. The best way to do this is to lie down, sore ear facing up. Gently pull the outer ear backwards, and drop the oil (at room temperature) into the ear canal. Gently massage the area in front of the ear to encourage the oil to flow into the ear canal. Remain lying down for a few minutes. When you stand up, wipe any excess oil with a tissue.

**CAUTION:** If the ear is very painful, discharging matter, or you suspect an ear infection, you must see your doctor. Do not use the drops if you have (or suspect you have) a burst eardrum.

**STORAGE:** Will keep in a cool dark place for 3 months.

### Rose & Clove Hair Removing Sugar

Petals of 12 scented roses g sugar tsp whole cloves Juice of 1½ lemons tbsp rosewater (optional, for scent) Cotton or linen cloth, cut into strips

1. Wash the rose petals, gently dab dry, then chop them roughly.
2. In a glass jar, layer the sugar with the chopped petals, and leave in a cool, dark place overnight. After 12-24 hours, you will have a thick syrup filled with sugar crystals.
3. Pour the rose-infused sugar syrup into a pan. Grind the cloves in a pestle and mortar and add to the mix. Heat for a few minutes on a low heat until the sugar crystals melt and disappear - the syrup should be clear and take on the colour of the petals.
4. Add the lemon juice and continue on a low heat until the syrup thickens.
5. Strain off the petals through a sieve into a second pan. Heat for 20 minutes, or until the syrup reduces, thickens and turns a dark caramel colour. Take off the heat and add the rosewater, if using, for scent. Bottle in a close-stoppered or sealed container, to stop moisture being absorbed or the sugar crystallizing. Alternatively, cool until lukewarm, then use at once.

**USE:** Use a wooden spreader or palette knife to apply a thin layer of lukewarm sugar (check it's not too hot by doing a small test patch first). Cover the sugared area with a cloth strip, pushing down firmly, then quickly pull the strip away in the opposite direction to the growth of hair. Repeat until all hair is removed. If the sugar cools and becomes too hard to use, gently heat again until lukewarm, then

reapply. Wash skin in lukewarm water after sugaring, to remove any residue.

NOTE: If you have sensitive skin, you can reduce irritation by applying a layer of sugar to skin, then pulling off in the direction of growth.

CAUTION: Don't use on highly sensitive, broken or sunburned skin, in cases of eczema or psoriasis, or on hairs growing from moles or warts. Keep skin out of the sun for 24 hours afterwards.

STORAGE: If bottled correctly, this will keep in a cool, dry place for up to 1 year.